

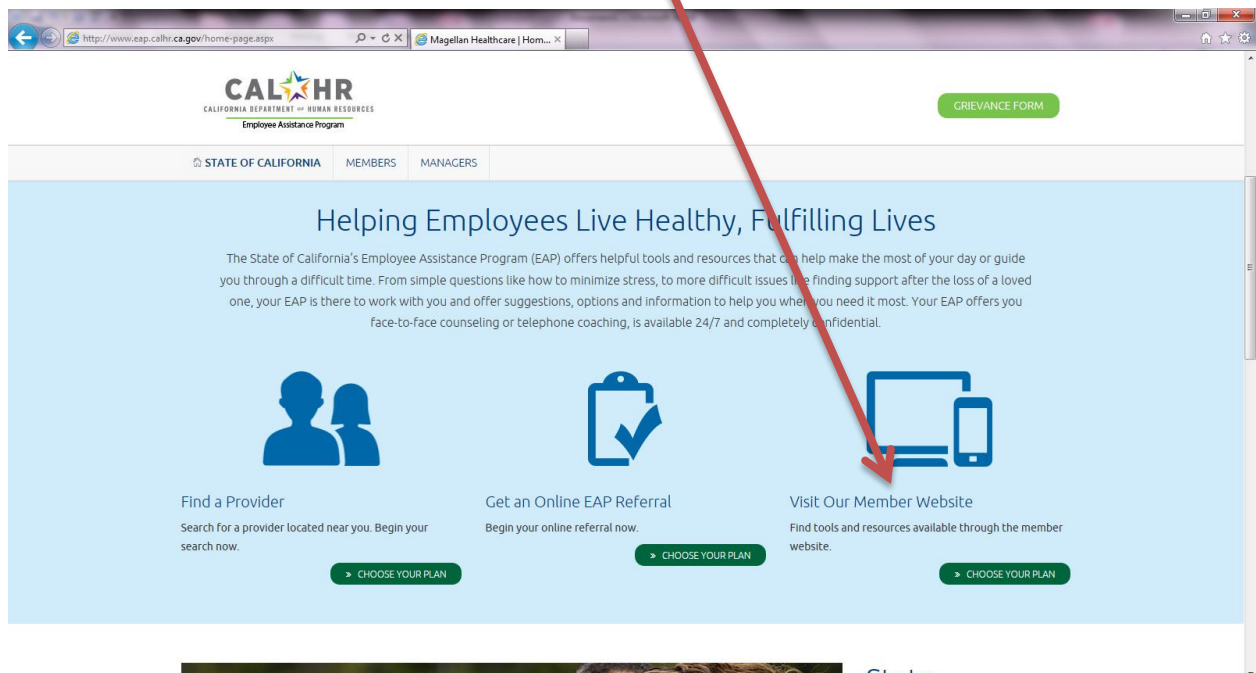
Step-by-Step Instructions to Access EAP Webinars

(due to restrictions, you may not be able to access this from work)

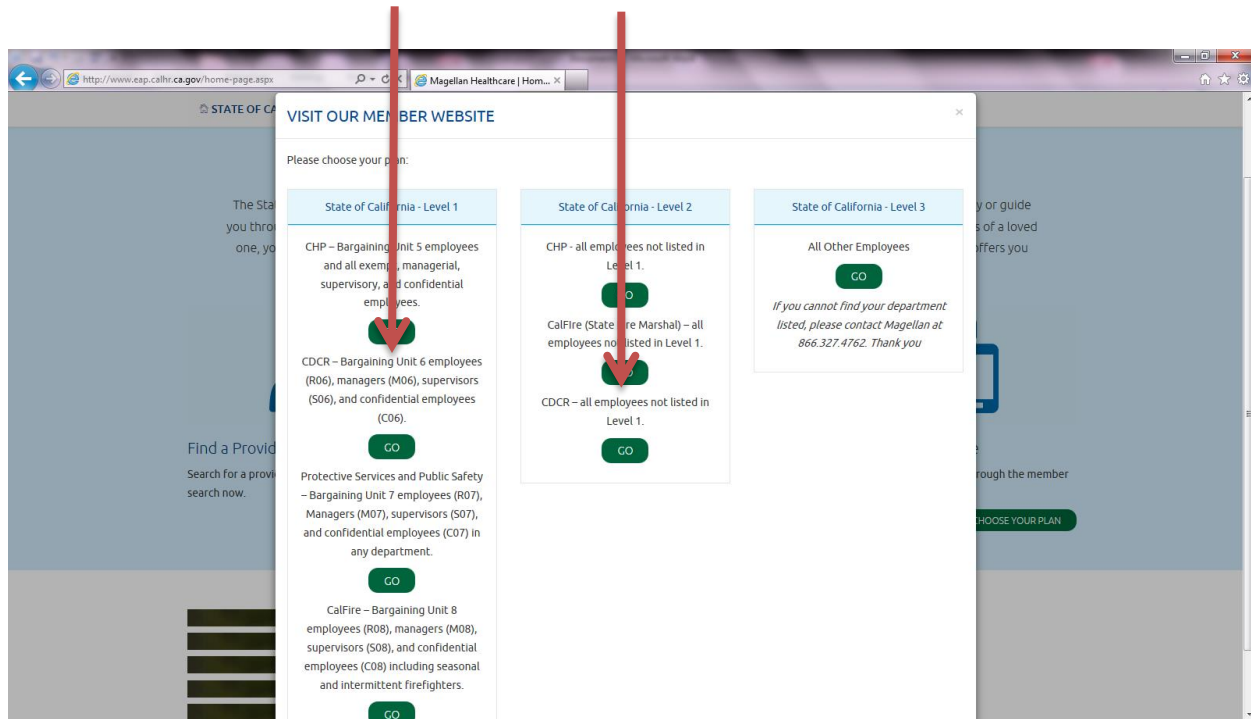
Go to: www.eap.calhr.ca.gov



Scroll down the page and click "**Choose Your Plan**" under "**Visit Our Member Website.**"

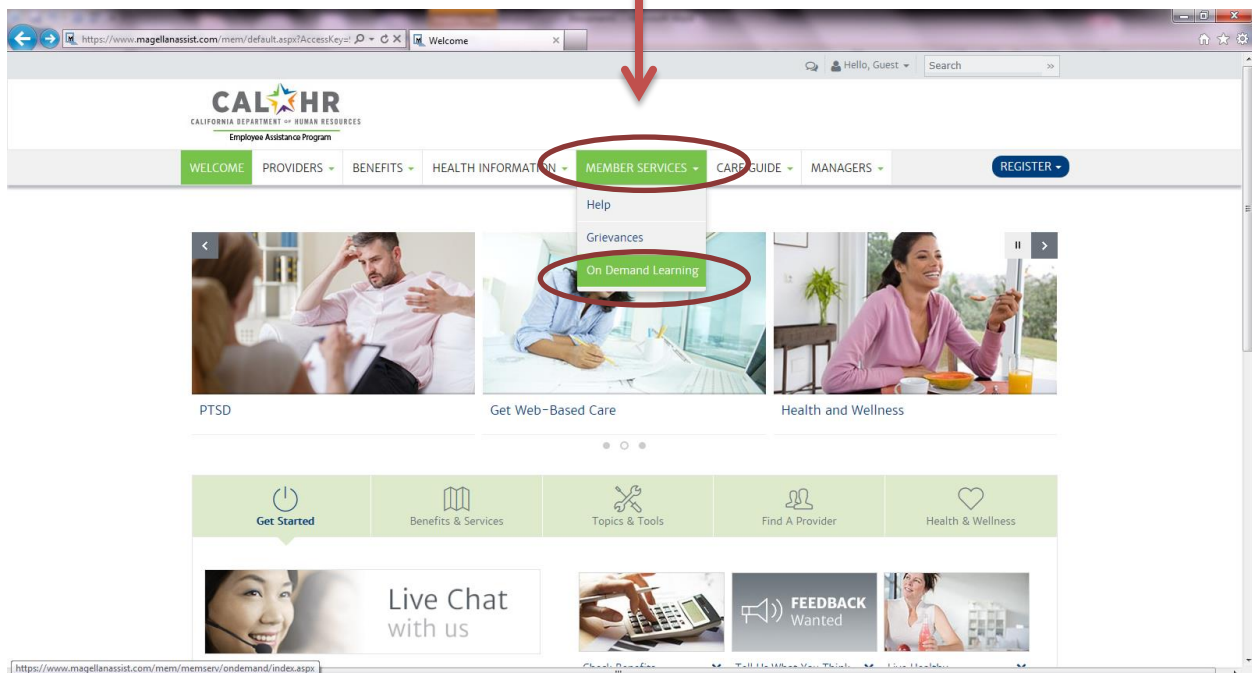


Choose your plan: **Custody or Non-Custody**



Click on **"Member Services"**

Click on **"On Demand Learning"**



Scroll down the page and click on the webinar of your choice.

Webinars are available 24/7 to view. Recordings from Webinars will be posted ongoing so check back often!

Happy learning!

The screenshot shows a web browser window with the URL <https://www.magellanassist.com/miem/members/ondemand/>. The page is for the CAL HR (California Department of Human Resources) Employee Assistance Program. The navigation bar includes links for WELCOME, PROVIDERS, BENEFITS, HEALTH INFORMATION, MEMBER SERVICES (highlighted in green), CARE GUIDE, and MANAGERS. On the left, there is a sidebar with links for Help, Grievances, and On Demand Learning. The main content area is titled "WEBINAR RECORDINGS AND PODCASTS" and contains the following text: "Access handouts and listen to audio recordings from Webinars. Download Podcasts to your portable music player by clicking on the appropriate format's link and will automatically begin once the player opens. Use the controls on the bottom of the player to stop, pause, rewind and fast forward. [Video Resources](#)". Below this, it states "Recordings from Webinars will be posted ongoing so check back often!". A featured webinar titled "Restorative Practices to Wellbeing" is shown, dated July 13, 2016, 1:00p - 2:00p Central, with a "REGISTER NOW" button and a link to "Live Webinar FAQs (64 KB PDF)". To the right of the text is an image of a woman and a young girl looking at a small potted plant. At the bottom, there is a "Browse Webinars" section with a "View All Topics" dropdown menu and a search box. The "MOST RECENT" section is partially visible at the bottom.